



♥ **CRG-WELLNESS CENTRE - HEART MATTERS**
 ♥ **MARCH-JUNE 2023 EDUCATION SCHEDULE**

CLASS	DATES	TIME	FACILITATOR	ROOM
♥ Introduction to your Heart	Thurs. Mar. 9	1:00-2:00pm	Cathe/Tiffany	7/8
	Thurs. Apr. 27	1:00-2:00pm	Cathe/Tiffany	
♥ Heart Healthy Eating	Thurs. Mar. 16	1:00-2:30pm	Lisa	7/8
	Thurs. May 11	1:00-2:30pm	Lisa	
♥ Medication Management	Thurs. Mar. 23	1:00-2:00pm	CRG Pharmacist	7/8
	Thurs. May 18	1:00-2:00pm	CRG Pharmacist	
♥ Hypertension	Thurs. Mar. 30	1:00-2:00pm	Kristi	7/8
	Thurs. May 25	1:00-2:00pm	Kristi	
♥ Stress Response/ Into to Mindfulness/Meditation	TBA	1:00-3:00pm		
	TBA	1:00-3:00pm		
♥ Why Exercise is Good for the Heart	Thurs. Apr. 20	1:00-2:00pm	Mark	7/8
	Thurs. Jun. 8	1:00-2:00pm	Mark	
♥ Complementary & Alternative medicines in Chronic Disease Management	Thurs. Apr. 13	1:00-2:00pm	London Drugs	7/8
	Thurs. Jun. 15	1:00-2:00pm	Pharmacist-Faith	

~ALL CLASSES ARE OPEN TO EVERYONE~
 PRE-REGISTRATION IS REQUIRED BY CALLING 250-286-7151
 Or Email crgcdm@islandhealth.ca

~Dates/ Room subject to change~

♥ Indicates that the class is a part of the 7 Heart Matters Education series